

NOV 02 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** choice of different  
things.

**What I like least about the proposed  
changes is** have as to much  
of one thing.

**Thank you for reading my comments.**

**Sincerely,**

Richard Sanchez  
**WIC Participant**

NOV 02 2006

p 6102

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** that you include fruits & vegetables and canned beans.

**What I like least about the proposed changes is** the soy and tofu products. They don't even sound appetizing to eat.

**Thank you for reading my comments.**

**Sincerely,**

Melissa Storme

**WIC Participant**

NOV 02 2006

p 6103

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** it gives more options  
on the nutrients that you need

**What I like least about the proposed  
changes is** none I think is a  
great idea and for it to become  
a fast proposition for our benefit & Bal  
**Thank you for reading my comments.**

**Sincerely,**

Amelia Sanchez 10-19-06  
**WIC Participant**

NOV 2 2006

p 6104

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** it gives us options on other  
food items that are part of good nutrition.

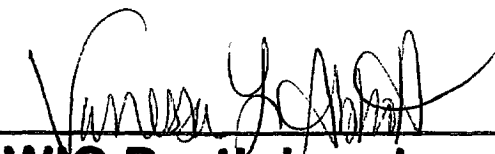
**What I like least about the proposed  
changes is** ~~those are options for other~~

~~food items that are part of good nutrition.~~  
there's nothing that I dislike.

VA made a mistake

**Thank you for reading my comments.**

**Sincerely,**



10/19/06

**WIC Participant**

NOV 02 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

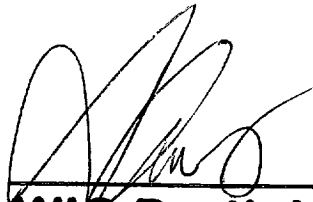
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** that ya get Bread  
now that ~~could~~ help me alot.  
would help

**What I like least about the proposed  
changes is** theres nothing I really  
don't like about the changes.

**Thank you for reading my comments.**

**Sincerely,**



L Amanda Hanks

**WIC Participant**

NOV 02 2006

p 6106

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is having more  
variety to choose from.**

**What I like least about the proposed  
changes is 1 dozen eggs.**

**Thank you for reading my comments.**

**Sincerely,**

Angelica Hissel  
**WIC Participant**

NOV 02 2006

p 6107

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**


**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is Fruits and Vegetables**  
\_\_\_\_\_.

**What I like least about the proposed  
changes is less eggs**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

NOV 02 2006

p6108

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

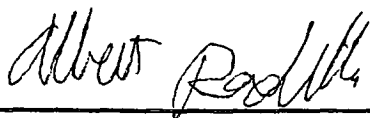
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is The addition of whole  
grain and fruits.**

**What I like least about the proposed  
changes is that less juice  
will be given.**

**Thank you for reading my comments.**

**Sincerely,**



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**WIC Participant**



NOV 02 2006

p6109

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** that my kids will eat health and will enjoy it.

**What I like least about the proposed changes is** I don't have nothing to say.

**Thank you for reading my comments.**

**Sincerely,**

Anabel Gonzalez  
**WIC Participant**

NOV 02 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is that I would eat more  
nutrition food.**

**What I like least about the proposed  
changes is there is nothing I don't  
like**

**Thank you for reading my comments.**

**Sincerely,**

Muñoz Mercedes

**WIC Participant**

NOV 02 2006

p 6/11

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

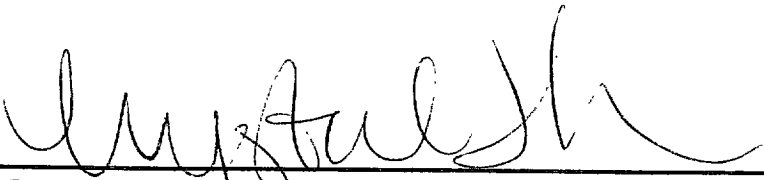
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** We won't have  
so much left over.

**What I like least about the proposed  
changes is** nothing

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

NOV 02 2006

p 6112

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** I really enjoyed the  
fresh fruits & veggies when I was on  
WIC in Virginia. I think it a great idea!

**What I like least about the proposed  
changes is** Nothing

**Thank you for reading my comments.**

**Sincerely,**

Kimberly Plemons

**WIC Participant**

NOV 02 2006

p 6113

**Queridos Amigos del Departamento de  
Agricultura de Estados Unidos:**

**Les escribo para contarles lo que pienso  
sobre la  
propuesta de cambiar los alimentos de WIC.**

**Gracias por añadir frutas y verduras a los  
cheques de WIC! Será un placer poder  
elegir alimentos más frescos y nutritivos  
para mi familia.**

**Lo que más me gusta sobre los cambios  
propuestos es**

You can get fruits and vegetables. and tofu.

**Lo que menos me gusta sobre los cambios  
propuestos es**

I like everything.

**Gracias por leer mis comentarios.**

**Atentamente,**

  
**Participante de WIC**

NOV 02 2006

p 6114

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** that certain healthy

fruits like blueberries will now be  
available, (if that's an option) which is good  
because they are extremely healthy.

**What I like least about the proposed  
changes is** \_\_\_\_\_

**Thank you for reading my comments.**

**Sincerely,**

Ruby Enigmas  
**WIC Participant**

NOV 02 2006

p 6115

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is more nutritious foods  
for my baby.**

**What I like least about the proposed  
changes is I like everything.**

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

NOV 02 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

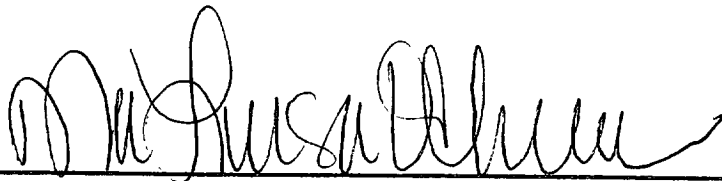
**What I like most about the proposed  
changes is** there is going to be

much variety and no restriction.

**What I like least about the proposed  
changes is** \_\_\_\_\_

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**



NOV 02 2006

p 617

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** ~~is~~ better nutrition for our kids.

**What I like least about the proposed changes is** \_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Claudia Reyes  
**WIC Participant**

NOV 02 2006

p 6118

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is great for the kids to  
get use to it.**

**What I like least about the proposed  
changes is \_\_\_\_\_**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

NOV 02 2006

p 6119

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** I don't know about  
this change.

**What I like least about the proposed  
changes is** \_\_\_\_\_

**Thank you for reading my comments.**

**Sincerely,**

Antia L. Mares  
**WIC Participant**

Nov 02 2006

p 6120

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

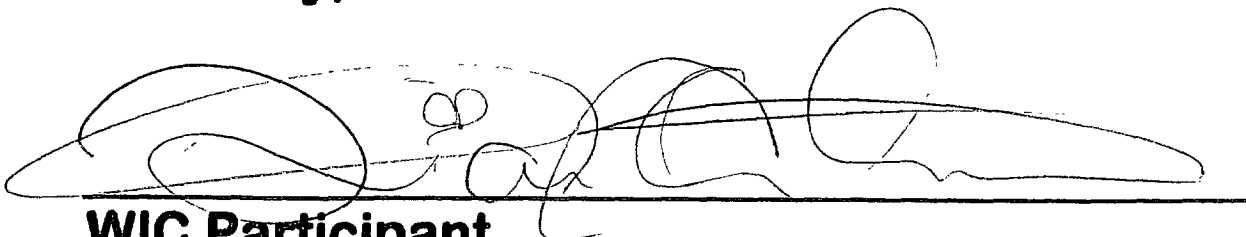
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is Healthier Food - for  
children to prevent obesity.**

**What I like least about the proposed  
changes is Nothing**

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

NOV 02 2006

p 6121

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

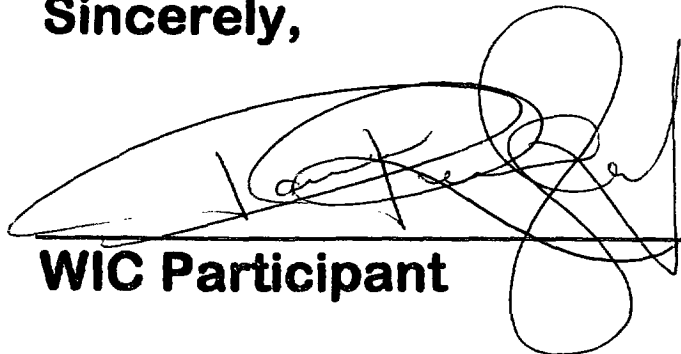
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

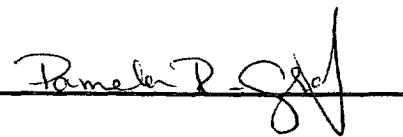
**What I like most about the proposed  
changes is** the food is  
healthy & great.

**What I like least about the proposed  
changes is** na.

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**



NOV 02 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the different choices  
there will be.**

**What I like least about the proposed  
changes is nothing it fine  
\_\_\_\_\_.**

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**

NOV 02 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the fact that we  
will have the fruits & veggies  
able to us because sometimes we don't  
buy fruit because the prices are too high  
**What I like least about the proposed  
changes is that is not in the  
program now.****

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

MOV - 2 2010

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is bread & tortillas

What I like least about the proposed  
changes is N/A

Thank you for reading my comments.

Sincerely,



Amy Valadez

WIC Participant





p 6125

NOV - 2 2006

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**


What I like most about the proposed changes is the ability to use any WIC participant grocer. AND the fruits & veggies!  
YES! ITS ABOUT TIME!

What I like least about the proposed changes is \_\_\_\_\_

Everything is great

**Thank you for reading my comments.**

**Sincerely,**

  
WIC Participant

NOV - 2 2003

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is offers fruit & vegetables.

What I like least about the proposed  
changes is less packaged  
& milk.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

NOV - 2 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is there are not as many  
price limitations.

What I like least about the proposed  
changes is this is the best idea  
for awhile I have no complaints.

Thank you for reading my comments.

Sincerely,

Carrie L. Zaragoza  
WIC Participant

NOV - 2 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is MORE OPTIONS

What I like least about the proposed  
changes is nothing

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

NOV - 2 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.


Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more beneficial to  
pregnant women.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_  
WIC Participant

NOV - 2 2006

p 6130

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is that it would benefit us  
a lot more since they are items we  
purchase already.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

Alejandra Rodriguez  
WIC Participant

NOV - 2 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Less juice, more vegetables,  
fruit.

What I like least about the proposed  
changes is Less milk, Less eggs  
Less cheese.

Thank you for reading my comments.

Sincerely,

Bethy Chavez  
WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

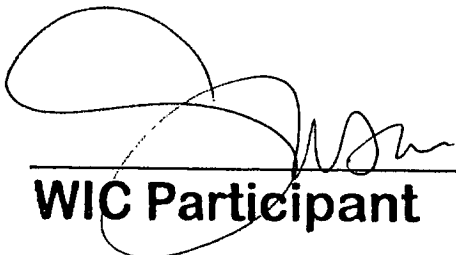
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

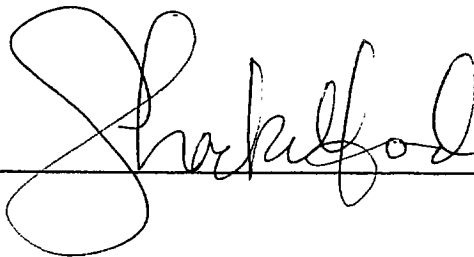
What I like most about the proposed  
changes is more vegetable.

What I like least about the proposed  
changes is less milk.

Thank you for reading my comments.

Sincerely,

  
WIC Participant





NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is less milk**

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**What I like least about the proposed  
changes is Juice, Don't like  
less eggs**

---

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

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NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is there is more variety.**  
\_\_\_\_\_.

**What I like least about the proposed  
changes is none.**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

**WIC Participant** Monica Ruiz Rodriguez

NOV 01 2005

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the different varieties  
the fruit and vegetables.**

**What I like least about the proposed  
changes is nothing.**

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is the broader variety  
being offered. Milk won't spoil, etc.

What I like least about the proposed  
changes is \_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

WIC Participant

Angel Bracken

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** You get more variety  
and you can get fruits & veggies.

**What I like least about the proposed  
changes is** N/A  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Henry D. Vera

**WIC Participant**

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

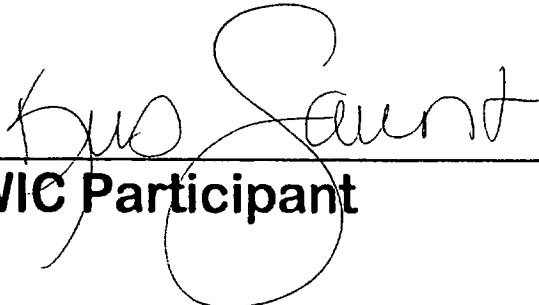
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is going to any store  
to shop.**

**What I like least about the proposed  
changes is less milk and eggs.**

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is so I can go  
to any store.

What I like least about the proposed  
changes is n/a

Thank you for reading my comments.

Sincerely,

  
WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Getting wic at  
any store.

What I like least about the proposed  
changes is less milk.

Thank you for reading my comments.

Sincerely,

Q. Trujillo  
WIC Participant



July 1 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is being able to get  
fresh fruit.**

**What I like least about the proposed  
changes is getting less juice.**

**Thank you for reading my comments.**

**Sincerely,**

Kristina Oliver  
**WIC Participant**

JUL 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is ~~Doesn't really change~~ get  
fruits & vegetables.

What I like least about the proposed  
changes is ~~Doesn't really change~~ less  
milk or juice.

Thank you for reading my comments.

Sincerely,

Chris Dupin

WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is it gives people  
more choices.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

• Michael Gallardo

WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is That they added the  
Fruit.

What I like least about the proposed  
changes is that we'll be getting less  
foods.

Thank you for reading my comments.

Sincerely,

Anacelia Diaz

WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is It would be a lot better  
and easier.

What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.

Thank you for reading my comments.

Sincerely,

---

WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Better foods for the  
Child.

What I like least about the proposed  
changes is I Think Changes  
are good.

Thank you for reading my comments.

Sincerely,

A handwritten signature in cursive script, appearing to read "Pamela", followed by a horizontal line.

WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

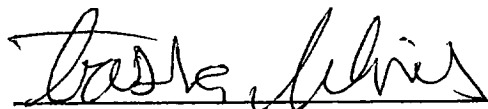
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is It is better because  
there is more fish first and better  
because we'll be able to shop at any store

What I like least about the proposed  
changes is nothing

Thank you for reading my comments.

Sincerely,



WIC Participant

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is nothing**

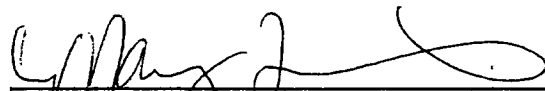
---

**What I like least about the proposed  
changes is taking Away the milk**

---

**Thank you for reading my comments.**

**Sincerely,**



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**WIC Participant**



NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is it helps me out by not  
having to go to one certain store.

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely,

Cynthia Dail

WIC Participant

FEB 10 2005

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

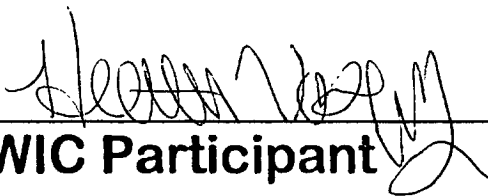
Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is adding bread and fruits  
to the program.

What I like least about the proposed  
changes is nothing.

Thank you for reading my comments.

Sincerely,

  
WIC Participant

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** Variety to be able  
to alternate More Choices also write

**What I like least about the proposed  
changes is** \_\_\_\_\_

**Thank you for reading my comments.**

**Sincerely,**

Rachael Barlow

**WIC Participant**

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** that there are more variety of  
fruits and veggies to choose from.

**What I like least about the proposed  
changes is** N/A

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is more of a food variety.**  
\_\_\_\_\_.

**What I like least about the proposed  
changes is \_\_\_\_\_**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Melissa Santillan

**WIC Participant**

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is more options

What I like least about the proposed  
changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

  
WIC Participant

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is I like the fruit that was added  
and the whole grain.**

**What I like least about the proposed  
changes is ~~the fruit~~ the change of the  
milk we are to buy.**

**Thank you for reading my comments.**

**Sincerely,**

Maria Lillera  
**WIC Participant**

NOV 01 2006

p 6120

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the baby jar food  
because it can get expensive  
to buy**

**What I like least about the proposed  
changes is less milk eggs,  
& juice.**

**Thank you for reading my comments.**

**Sincerely,**

Bucanna Lulu

**WIC Participant**



NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** you can now go  
to any store that will take wic & that's  
great more fruits & veggies

**What I like least about the proposed  
changes is** As a lady I have to sit & wait  
nothing I like the changes

**Thank you for reading my comments.**

**Sincerely,**

Cheryl Esada  
**WIC Participant**

NOV 01 2006

p 6158

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is the addition of fruits  
and veggies for children & babies.**

**What I like least about the proposed  
changes is the loss of the cheese.**

**Thank you for reading my comments.**

**Sincerely,**

Amler Mason  
**WIC Participant**

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is More variety.

What I like least about the proposed  
changes is less milk

Thank you for reading my comments.

Sincerely,

Michelle Stambayh  
WIC Participant

NOV 01 2008

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

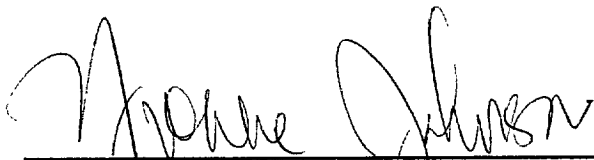
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is** Vegetables, & fruits & tortillas  
\_\_\_\_\_.

**What I like least about the proposed  
changes is** NONE  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**


**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is Balanced  
Meals.**

**What I like least about the proposed  
changes is \_\_\_\_\_  
\_\_\_\_\_.**

**Thank you for reading my comments.**

**Sincerely,**



**WIC Participant**

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

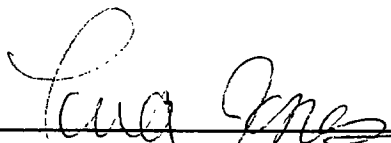
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is Bigger varieties  
healthier varieties.**

**What I like least about the proposed  
changes is \_\_\_\_\_.**

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is Adding more healthy foods

What I like least about the proposed  
changes is soy beverages

Thank you for reading my comments.

Sincerely,

Jennigh Allen  
WIC Participant

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is that there would  
be a bigger variety to choose from.**

**What I like least about the proposed  
changes is nothing**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Megan Boyle  
**WIC Participant**



NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is The bread products**  
\_\_\_\_\_.

**What I like least about the proposed  
changes is less cheese**  
\_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

Julia Jasmine Burke

**WIC Participant**

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is ~~WIC~~ ~~training~~ Bread  
products.

What I like least about the proposed  
changes is Less Juice.

Thank you for reading my comments.

Sincerely,

Kathryn M. Beaman  
WIC Participant

NOV 01 2006

Dear Friends at US Department of  
Agriculture,

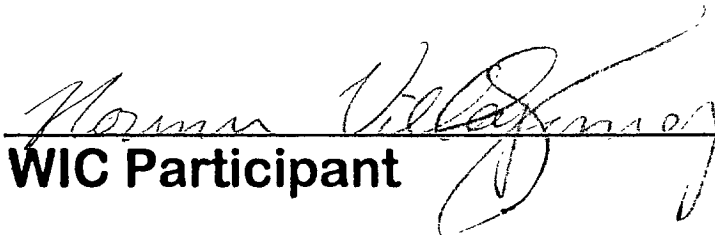
I am writing to tell you what I think about the  
proposal to change WIC foods.

Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.

What I like most about the proposed  
changes is less cheese  
because I don't need that much  
cheese

What I like least about the proposed  
changes is that we only  
going to get one dozen of eggs  
and one gallon of milk. because we  
Thank you for reading my comments. need to buy  
more

Sincerely,

  
WIC Participant

NOV 01 2006

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

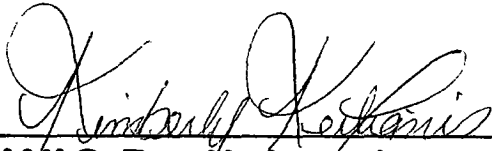
**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is adding fruits and  
veggies to the WIC program.**

**What I like least about the proposed  
changes is taking away some  
milk because my child drinks a lot of milk.**

**Thank you for reading my comments.**

**Sincerely,**

  
\_\_\_\_\_  
**WIC Participant**

NOV 6 2008

p 6169

**Dear Friends at US Department of  
Agriculture,**

**I am writing to tell you what I think about the  
proposal to change WIC foods.**

**Thank you for adding fruits and veggies to  
the WIC checks! I will enjoy choosing fresh,  
healthier foods for my family.**

**What I like most about the proposed  
changes is added the fruits  
VEGETABLES Grains.**

**What I like least about the proposed  
changes is less milk  
& eggs.**

**Thank you for reading my comments.**

**Sincerely,**

Dulce Adams

**WIC Participant**

NOV 06 2008

p 6170

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** that now we get vegetables and tortillas.

**What I like least about the proposed changes is** \_\_\_\_\_.

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

NOV 06 2008

p 6171

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is more options.**

**What I like least about the proposed changes is nothing.**

**Thank you for reading my comments.**

**Sincerely,**

*Yvonne G. Fayas*  
**WIC Participant**

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

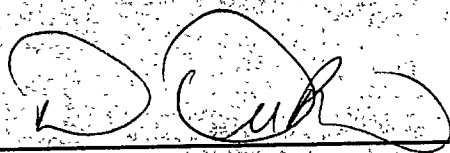
**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** Its good to have fresh fruit & Veggie instead of frozen or canned

**What I like least about the proposed changes is** taking away from the milk  
I'm not sure that's good- Veggie Juice, milk should be given daily + 2

**Thank you for reading my comments.**

**Sincerely,**



---

**WIC Participant**



**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is that they will give  
fruits vegetables.**

**What I like least about the proposed changes is less milk.**

**Thank you for reading my comments.**

**Sincerely,**

*Lois Ansung*

**WIC Participant**

NOV 06 2008

p6174

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** the vegetables.

**What I like least about the proposed changes is** less eggs,  
& cheese.

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

NOV 06 2006

p 6175

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** the addition of breads & fruits & veggies.

**What I like least about the proposed changes is** the reduction of other foods, but I understand the necessity to ~~make~~ provide enough money for

**Thank you for reading my comments.** the new items

**Sincerely,**

Jenelle Nuzzo  
**WIC Participant**

NOV 06 2008

p 6176

**Dear Friends at US Department of Agriculture,**

**I am writing to tell you what I think about the proposal to change WIC foods.**

**Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.**

**What I like most about the proposed changes is** that we will be able to get fruits.

**What I like least about the proposed changes is** i don't like that we don't get that much meat.

**Thank you for reading my comments.**

**Sincerely,**

  
**WIC Participant**

NOV 06 2008

p 6177

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Whole Grain breads being added.

What I like least about the proposed changes is the reduction of formula. This is supposed to be a place to get food help for low income families - NOT a place to demonstrate and push the advantages of breast feeding! If I choose to formula feed my child, that is my concern and it is not right to discriminate against those of us who do not breastfeed for whatever our reasons are. Thank you for reading my comments.

Sincerely,

Of us who do not breastfeed for whatever our reasons are your job is to help me with food for my child, not to make me feel like I am a

WIC Participant

Second class citizen and don't deserve your understanding and financial assistance if I do not breastfeed! I feel that to come in here and not to be a breastfeeding mother I am almost a pariah! Everywhere I look I am getting breastfeeding shoved in my face in one way or another! I chose not to breastfeed and the reasons are no concern of anyone but me but that doesn't mean my child doesn't deserve to get the same amount of food as the other children do - by the way my doctor has told me time and time again not to feed my child juice - its empty sugar calories!

NOV 16 2008

p 6178

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

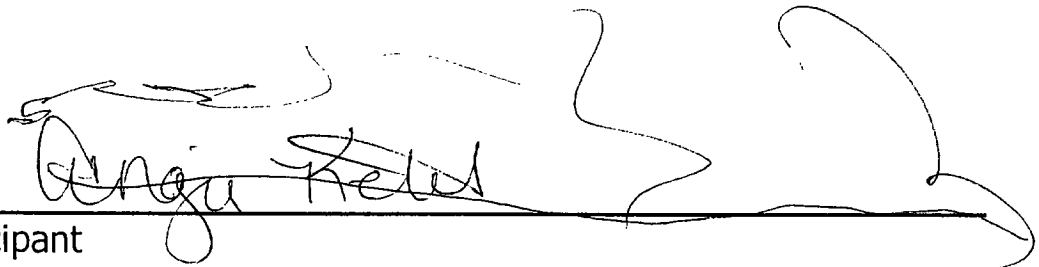
What I like most about the proposed changes is  
add fresh vegetables!! , canned fish, whole wheat bread, milk alternatives

What I like least about the proposed changes is

lower fat milk for kids 2 & older

Thank you for reading my comments.

Sincerely,

  
\_\_\_\_\_

WIC Participant

NOV 06 2008

p 6179

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Whole grain bread options + babyfood.

What I like least about the proposed changes is

I think Organic food should be an option for  
health conscious individuals

Thank you for reading my comments.

Sincerely,

Debbie L. Ames

WIC Participant

NOV 06 2008

p 6180

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.


Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is , Fruits and veggies are sometimes hard to come by as they are spendy.

What I like least about the proposed changes is I see the reductions in juice being a problem  
but ~~it is~~ I think its a great proposed change

Thank you for reading my comments.

Sincerely,

Karma Murray   
WIC Participant



NOV 06 2006

p6181

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

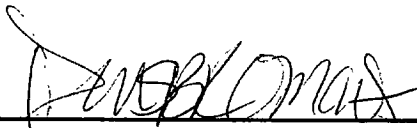
Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

that families would be able to get fresh  
veges & fruit during the year & not just in the  
What I like least about the proposed changes is summer, also a

choice in canned  
the reduction of eggs & milk fish  
also the reduction of formula- wic is the only way  
Thank you for reading my comments. Some families can afford to

Sincerely,



WIC Participant

feed a baby plus the rest of  
the family.

NOV 16 2006

p 6182

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

addition of fish and fruit/vegetables

What I like least about the proposed changes is

decreasing the amount of formula and milk

Thank you for reading my comments.

Sincerely,

Nigelia Lausem

WIC Participant

NOV 06 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the fruits + veggies I need to eat more

What I like least about the proposed changes is

the less formula my ~~family~~ really need's the help

Thank you for reading my comments.

Sincerely,

Mish Arsel

WIC Participant

P.S. the formula helps a lot

NOV 06 2006

p 6184

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

New fruits and veggies most alternatives  
canned legumes whole grain breads

What I like least about the proposed changes is canned fish

that its very general and not based  
on individuals needs only statistics.

Thank you for reading my comments.

Sincerely,

Jennifer Blue

WIC Participant

NOV 06 2006

p6185

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

the addition of Canned fish / Grain choice on breads

What I like least about the proposed changes is

The Reduction of milk & Eggs choice

Thank you for reading my comments.

Sincerely,

  
WIC Participant

NOV 06 2006

p6186

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

addition of baby food - excellent idea!!

What I like least about the proposed changes is

reduction of formula <sup>it is</sup> VERY expensive

Thank you for reading my comments.

Sincerely,

Stacy King  
WIC Participant

NOV 06 2006

P 6187

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

*The addition of bread, and baby fruits + veg; for juice  
addition of fruits + veg - OK on all the additions!*

What I like least about the proposed changes is

*the reduction in milk for women + children*

Thank you for reading my comments.

Sincerely,

*Nami Munch 52559-01*

WIC Participant

NOV 06 2008

p 6188

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

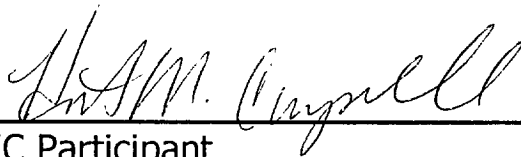
The substitutions for juice, the milk alternatives

What I like least about the proposed changes is

The reduction in formula for infants, and milk for women and children

Thank you for reading my comments.

Sincerely,



WIC Participant



NOV 06 2006

P 6189

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

addition of Baby Food & Bread

What I like least about the proposed changes is

the reduction of formula for infants

Thank you for reading my comments.

Sincerely,

Michelle Whipps

WIC Participant

NOV 06 2006

p 6190

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

Soy milk / Fruits + veggies! More whole food  
alternatives! Now we just need ORGANIC  
What I like least about the proposed changes is  
options!!

Thank you for reading my comments.

Sincerely,

Aloma L. Guthrie

WIC Participant

Aloma Guthrie

NOV 06 2006

p 6191

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

adding fresh fruits & veggies

What I like least about the proposed changes is

reducing the juice amounts.

Thank you for reading my comments.

Sincerely,

Monica K. Hart

WIC Participant

NOV 06 2008

p 6192

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

fruits & Veggies

What I like least about the proposed changes is

The formula given now is not enough some babies  
go without some with milk  
Thank you for reading my comments.

Sincerely,

Lorraine Welch

WIC Participant

Ask how much do they drink  
Some kids allergic to dairy have too  
much others who drink a lot  
not enough

NOV 06 2006

p 6193

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

fruit + veggies

Soy milk

What I like least about the proposed changes is

fruit + veggies hard to weigh accurately

Thank you for reading my comments.

Sincerely,

Margaret Becker

WIC Participant

NOV 06 2006

P 6194

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

The fruits + veggies + Soy drinks.  
my daughter can't drink reg milk.

What I like least about the proposed changes is

N/A

Thank you for reading my comments.

Sincerely,

Samantha Stegner  
WIC Participant

NOV 16 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.!!!

What I like most about the proposed changes is

the Substitution of baby food fruits + vegetables for juice  
for infants

What I like least about the proposed changes is

reduction in quantity of formula for fully bottle fed  
babies 6-11 months

Thank you for reading my comments.

Sincerely,

Michele Hook

WIC Participant

I was not allowed to breastfeed my children because of a medical condition and medication I take daily. Formula is expensive and my son + daughter both ate more formula than was already allowed. I feel this will put a hardship on families like myself who will have to supplement even more formula for their children.

Date: 10-30-06

NOV 03 2008

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is less  
milk. Really like that bread  
is being offered.

What I like least about the proposed changes is none  
it sounds great!

Thank you for reading my comments.

Sincerely, Jessica Bull

WIC Participant



NOV - 6 2006

Date: 11/2/06

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is different  
foods

What I like least about the proposed changes is \_\_\_\_\_

Thank you for reading my comments.

Sincerely,

Betha Campos  
WIC Participant

Date: 10-24-06

NOV 8 2006

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What I like least about the proposed changes is I like  
having the cereal & milk the  
way it is. I dont mind trading  
some juice for fruits + veges

Thank you for reading my comments.

Sincerely,

Carol Damery  
WIC Participant

NOV - 6 2006

Dear Friends at US Department of Agriculture,

I am writing to tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and veggies to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

What I like most about the proposed changes is

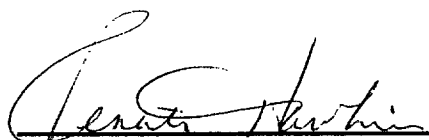
What I like most about the proposed change is the  
fruit and vegetables. Also adding the whole grains.

What I like least about the proposed changes is

What I like least about the proposed change is the 1 less pound  
of cheese and 1 less dozen of eggs. But that's not a real big deal  
because we need to make changes sometimes. If it doesn't work we can  
always go back.

Thank you for reading my comments.

Sincerely,



WIC Participant

Date: 11-2-06

NOV - 6 2006

Dear Friends at the US Department of Agriculture;

I am writing you tell you what I think about the proposal to change WIC foods.

Thank you for adding fruits and vegetables to the WIC checks! I will enjoy choosing fresh, healthier foods for my family.

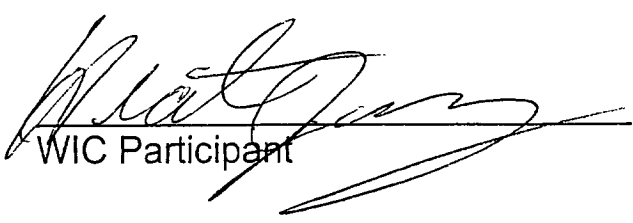
What I like most about the proposed changes is \_\_\_\_\_

Yogert would be great to have

What I like least about the proposed changes is   *z*  

Thank you for reading my comments.

Sincerely,

  
WIC Participant